

LEHI RECREATION

COED VOLLEYBALL 2010 LEAGUE RULES

Captains, please review these rules with your team before the first game.

TEAM RULES

1. **TEAM DISCIPLINE:** Playing coaches and/or captains are responsible for discipline and proper conduct of their team members. Please refer to the player code of conduct for specific information.
2. **TEAM SPOKESPERSON:** The playing captain is the only player who may address the referee and shall be the spokesperson for that team. One of the six players shall be designated as the playing captain. When replaced, the coach or playing captain must designate another player to assume playing captain duties. The designated non-playing captain may address the referee only for the purpose of requesting a time out, substitution, or line-up check.
3. **TIME OUT REQUESTS:** Requests for time outs may be made by the designated coaches while at the team bench, and/or the playing captain when the ball is out of play. Each team is allowed two 30-second time outs per match. Teams must return to the court upon notification by the referee.
4. **JEWELRY, HATS, ETC.:** Jewelry and any type of hat or bandana are not permitted while playing. These restrictions are for your safety. If the game is stopped in order to remove jewelry, a time out will be assessed.
5. **SUBSTITUTIONS:** Except for replacing an injured player, substitutions may occur for the server before the service has taken place. A man must sub for a man and a woman for a woman.
6. **FORFEITS: Game time is forfeit time.** A team must have a minimum of 4 players at game time in order to avoid a forfeit. If a team has at least 4 players, the first game will begin at game time. They will have until the conclusion of the first game of the match to get their 5th player. If at the conclusion of the first game the team still does not have a minimum of 5 players, the match will then be declared a forfeit. The team who wins by forfeit will receive the win for the match. **NO EXCEPTION. Game time is determined by the official.** Teams will not be able to hit on the net before their game starts.
7. **TEAM ROSTERS:** Team rosters must be filled out completely and signed by all team members. Rosters must be turned in at the coaches meeting or no later than before your first game is scheduled to begin. Any additions need to be made by the end of the 4th match. Each player may only play and be on the roster of one (1) team. Any player listed on the roster, who desires to play in the tournament, must play in a minimum of four (4) regular season matches. Players must be 18 years old by the first scheduled date of games in-order to participate in the league.

RULES OF PLAY

Play will be governed by USA Volleyball rules (www.usavolleyball.org) with the following clarifications/modifications:

1. **TIME RESTRICTIONS:** Game time is forfeit time. A five minute grace period will be given, if needed, for the first game of the evening only. Matches will be played best of 3 game. The first two games will be played to 25 points with a cap of 27 points using the rally scoring system. The third game will be played to 15 points with a cap of 17 points using the rally scoring system. The game official will call an end to the match at the end of the third game or at 50 minutes of match time whichever come first. If game two or

three is still in progress when regulation time expires, the team leading the game will be declared the winner.

2. **TOSS OF THE COIN:** The team listed second on the game schedule will designate a captain who will call the toss. The winner of the toss will choose: to serve, receive service, or team area for the first game. The loser of the toss receives the remaining option(s).
3. **PARENTS ARE TO SUPERVISE CHILDREN:** A parent or responsible person, other than a player, must supervise children at all times. No children are allowed in the gym, they must go upstairs to watch the games. Legacy Center staff are not to supervise children.
4. **TEAMS:** At game time, a 6-member team may begin with four players. As other team members arrive, they may enter the game only on the following side out when their team regains service.
5. **TOURNAMENT PLAY:** All teams will participate in the double-elimination tournament. Tournament information will be provided at a later date.

COED RULES (Six player team)

1. Women may outnumber men, but men may never outnumber women. Teams must play with at least one male or a forfeit will be issued.
2. If there is more than one hit on a side, one must be by a woman. It does not matter in what order the woman hits. We will be playing by the men's coed rules with the net at the men's height.
3. If a team shows up with only one woman, they will forfeit the match. If only two women show up for a team, then the team may only play with two women and two men. If both teams are short on women, they may agree to play with what players they have and the match will count towards their league record.